

# Navigating the COVID 19 Era

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# FEAR & ISOLATION

Anxiety

Depression

Disrupted routines

Irritability

Sadness

Despair

Mental illness

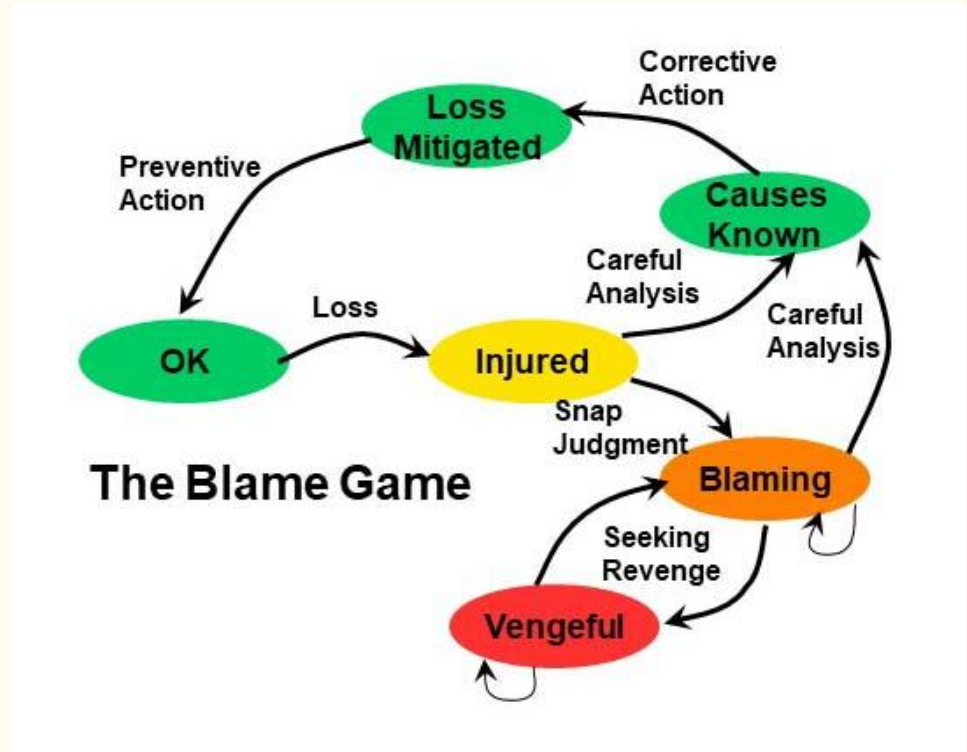


# GUILT, SHAME, BLAME

Changing moods

Less patience

Self protection - toilet paper hoarder



REACTIONS

PHYSICAL

EMOTIONAL

COGNITIVE

BEHAVIORAL

# RESOURCES

See handout



## *The Miracle of Forgiveness*

SPENCER W. KIMBALL

# STRATEGIES - Strength Based Approach

Sleep, Nutrition, Exercise

Sensibility - take break from the news, less alcohol, boost your natural healing powers,  
Sanity - care for yourself, yoga or stretching, good nutritious food, LEARN  
SOMETHING NEW, quiet time and journal, home care, become better parents and  
partners, tackle your anxiety, turn off devices

Looking at the half-full glass - what are you responsible for, turn to your own weakness  
and strength and give a realistic look at yourself, let go of old hurts and wounds...see it  
from another perspective, reconnect with people, join an on-line group or host one and  
find a sense of belonging with others.

# NEXT WEEK

## Ways to Create Healthy Committed (Married) Relationships

